

# Hawaii Marine



## Marines suppress ‘enemy fire’

Sgt. Sarah Fiocco | Marine Rotational Force — Darwin

Pfc. Sebastian Rodriguez, machine gunner, weapons platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force — Darwin, fires an M240 machine gun during a night squad-attack exercise, May 22. MRF-D Marines used machine gunners, snipers and rifleman to suppress a simulated squad-sized enemy attack.

### Sgt. Sarah Fiocco

Marine Rotational Force — Darwin

**KANGAROO FLATS TRAINING AREA, Northern Territory, Australia** — A squad-sized enemy element waited in trenches, ready to attack only a few meters away from the Marines of Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force — Darwin.

At least that’s what the squad-attack training simulated as the Marines planned their scheme-of-maneuver on the fly in order to eliminate that “enemy” threat, May 22.

“They got a fragmentation order last night,” said 1st Lt. Wesley Nix, platoon commander, third platoon,

Lima Co., 3rd Bn., 3rd Marines, MRF-D. “Their mission was to go through and kick them out of the trenches with sniper support and machine-gun support.”

With so many different elements that go into conducting a squad attack, well-coordinated planning becomes paramount.

“This training really stresses teamwork. It helps those noncommissioned officers develop their squads, camaraderie and esprit de corps,” Nix said. “It replicates real-life, combat scenarios. Sometimes we’ll end up doing something without a lot of time to prepare and then have to go straight into an attack.”

A few short hours of planning to remove the enemy from the trenches meant every Marine felt the pressure of knowing his role.

“It’s small-unit leadership,” said Cpl. Patrick Paul, squad leader, first platoon, Lima Co., 3rd Bn., 3rd Marines, MRF-D. “You basically have to (plan) everything, so everyone down to the basic rifleman can understand what’s going on and what they have to do to get the mission accomplished.”

Although the Marines entered “hostile” ground with a plan of action, they quickly learned that combat rarely goes as planned — even simulated warfare.

“All of the sudden, they could say, ‘Hey, that guy is down.’ Then there’s a casualty, and you have to prepare a casualty evacuation team,” explained Paul. “When you get out there, anything can happen. You’ve got to be prepared to adapt.”

## ‘Island Warriors’ conquer range with IAR training

### Lance Cpl. Suzanna Lapi

Marine Corps Base Hawaii

As the sun beat down and crystal blue ocean waves crashed in the background, Marines from 2nd Battalion, 3rd Marine Regiment, conducted a squad-level advanced marksmanship course at Kaneohe Bay Range Training Facility, May 23.

Chief Warrant Officer 3 Brian Somers, the 2nd Bn., 3rd Marines gunner and native of Fort Calhoun, Neb., said the Marines received classroom instruction on employment of the Infantry Automatic Rifle weapon system, then moved to the range for four days to cover basic and enhanced marksmanship with M27 infantry automatic rifles.

Somers explained the purpose of the training is improving shooters’ skills, familiarizing the Marines with the weapons and supporting fire teams and squads. They also focused on practicing disciplined transitioning between full and semi automatic.

After loading magazines, the Marines took to the firing line with their weapons to implement training and improve rifleman skills. The Marines shot from unknown and known distances.

Lance Cpl. Peter Hervey, an IAR gunner with 2nd Bn., 3rd Marines and a native of Oakland, Calif., said this training was one of the most tactical and efficient training



Photos by Lance Cpl. Suzanna Lapi | Hawaii Marine

Lance Cpl. Vincent DeLuca, an infantry automatic rifle gunner with 2nd Battalion, 3rd Marine Regiment, shoots his weapon during a squad level advanced marksmanship course at Kaneohe Bay Range Training Facility, May 23, as Lance Cpl. Marius Loots, a 2nd Bn., 3rd Marines range coach, watches his performance.

sessions with the M27 IAR he has participated in.

“We were more hands on and we focused on detailed aspects of the rifle,” Hervey said. “You suppress the enemy with the most capable automatic rifle in your squad.”

Hervey explained what they learned helps give IAR gunners a better understanding of the IAR as a key element in squads and platoons, since each fire team is supported by the automatic rifle.

See IAR, A-8



Sgt. Sarah Fiocco | Marine Rotational Force — Darwin

Lt. Gen. Kenneth Glueck, Jr., the commanding general of III Marine Expeditionary Force speaks to the Marines of Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force — Darwin, at the Rowell Centre, Tuesday. Glueck flew to Australia to visit MRF-D Marines and tour military facilities.

## III MEF CG visits Darwin

### Sgt. Sarah Fiocco

Marine Rotational Force — Darwin

### ROBERTSON BARRACKS, Northern Territory, Australia

— Lt. Gen. Kenneth Glueck, commanding general, III Marine Expeditionary Force, visited Marines with Marine Rotational Force — Darwin, Tuesday.

His two-day visit consisted of speaking to Marines about the MRF-D initiative, touring surrounding Australian military facilities and eating lunch with sergeants and below.

During his brief, Glueck said

See DARWIN, A-8



### BLITZ!

Marines compete in rugby scrimmage, B-1



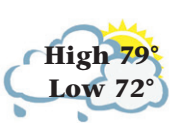
### Swept away to sea

Heeia State Park offers tours, views, activities, C-1

Saturday



Sunday





# NEWS BRIEFS

## USO Hawaii brings ‘Twilight Tribute to the Troops’

USO Hawaii is hosting a free “Twilight Tribute to the Troops” event at Sea Life Park, Saturday, June 15. The park will be open exclusively for active duty service members and their families from 3 to 9 p.m. There will be giveaways, keiki activities and special entertainment at the end of the evening from Chief Sielu, featuring performances from his famed luau show.

Parking is limited at Sea Life Park, so carpooling is highly recommended. Free off-site parking available at Bellows AFB with continuous shuttle service to and from Sea Life Park, beginning at 3 p.m. Attendees must present valid military identification card. For details, go to <http://www.facebook.com/HawaiiUSO> or call 422-1213.

## Commissaries plan for Monday furloughs

When furloughs are implemented, most military commissaries will close one day a week on Mondays. The closures will be for up to 11 days between July 8 and Sept. 30.

Closing commissaries on Mondays would be in addition to any day the stores are routinely closed. The 148 stores that routinely close on Mondays would also close the next normal day of operation. Other than the furlough day, there are no other changes planned for store operation hours.

The announcement comes as the Defense Commissary Agency follows Department of Defense protocols related to the automatic federal government budget reductions, known as sequestration, which began March 1. Furlough notices are scheduled to be delivered to DeCA employees between May 28 and June 5.

Store staffs overseas include a mix of U.S. and local national employees. Because they are not U.S. government employees, local national employees are not subject to this furlough actions. Select locations overseas will open if they have an adequate local national staff. For details, visit <http://www.commissaries.com>.

## Massachussetts to hold election for U.S. Senate

The Commonwealth of Massachusetts will hold a special general election for U.S. Senate, June 25, to fill the seat vacated by Sen. John Kerry. Active duty service members, their spouses, dependents, and U.S. government employees serving outside the territorial limits of the U.S. must submit a Federal Post Card Application to request an absentee ballot.

Register to vote and request an absentee ballot electronically, by mail or fax, using the Federal Post Card Application automated tool at <http://www.fvap.gov/request/request-ma.html>. Indicate on the FPCA how you would like to receive your absentee ballot (by mail, fax or email). The FPCA request deadline is before noon, Eastern Daylight Time, June 24. Note you will not receive a ballot automatically, even if you voted in the Nov. 6, 2012 general election.

The deadline for votes received by fax, email, or mail from within the U.S. is before 8 p.m. EDT, June 25. Voted ballot received by election authority for ballots returned by mail from “outside” the U.S. should be postmarked by June 25 and received before 5 p.m. EDT, July 5. For more information, visit <http://www.FVAP.gov>, call 1-800-438-VOTE or DSN 425-1584 (CONUS)/312-425-1584 (OCONUS), or email [vote@fvap.gov](mailto:vote@fvap.gov). You can also contact your unit or installation voting assistance officers for assistance.

## Updated Information on the furloughs

The most updated information on the upcoming furloughs can be found at <https://www.manpower.usmc.mil/furlough>. For details, call Hazel Wong at 257-1376.

## Important phone numbers

On-base emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

# Hawaii Marine

[www.mcbhawaii.marines.mil](http://www.mcbhawaii.marines.mil)

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# Womack’s ‘Backwoods Delicacies’ wins Chef of the Quarter

## Lance Cpl. Nathan Knapke

*Marine Corps Base Hawaii*

As pressure builds and time runs out, food service Marines prepared their dishes for their chance to claim the “Chef of the Quarter” honor on Marine Corps Base Hawaii, May 23.

Three Marines participated in the “Chef of the Quarter” competition at the station mess hall, where they showed their passion for culinary arts through prepared meals to be critiqued by three judges.

“All of the cooks in the competition put a lot of hard work into every dish they create for the judges,” said Sgt. Christopher Womack, 26, a food service specialist with Headquarters Battalion and native of Orlando, Fla. “There are weeks of preparation before the actual competition.”

The event spanned two days, Jackson explained. On day one, the Marines choose what meal they will prepare for the competition and practice preparing it before they are put to the test the next day.

Womack took first place for his ‘Backwoods Delicacies’ he created for the judges. His starter included Cabbage Jambalaya and Cole Slaw. Womack’s main course consisted of sliced brisket, scalloped potatoes, collard greens and cornbread. For dessert he served up peach cobbler and cinnamon ice cream.

Womack said he smoked the sliced brisket for more than six hours before dishing it out to the judges. Cooks arrived at Anderson Hall Dining Facility at 4



A food service specialist prepares a dish for the Chef of the Quarter competition at Anderson Hall Dining Facility, May 23.

# CPSC releases child drowning statistics

## Press Release

*U.S. Consumer Product Safety Commission*

**WASHINGTON** — A new report out today from the U.S. Consumer Product Safety Commission reveals that children younger than age 5 represent more than 75 percent of all pool and spa submersion deaths and 78 percent of pool and spa submersion injuries in the United States involving children younger than 15 years of age. Government data also show that African-American and Hispanic children between the ages of 5 and 14 are at a higher risk of drowning.

“Drowning is the leading cause of unintentional death for children between the ages of 1 and 4 and minority children drown in pools at an alarming rate,” said CPSC Chairman Inez Tenenbaum. “The lives of countless children can be saved this summer. Take simple safety steps today- teach all children to swim, put a fence around all pools, and always watch children in and around the water.”

The CPSC’s Pool Safely campaign is focusing its attention on populations most at risk of drowning:

Children between the ages of 1 and 3 represented 67 percent of reported fatalities and 64 percent of injuries.

African-American children between the ages of 5 and 19 are six times more likely to drown in pools than white and Hispanic children that age, according to the Centers for Disease Control and Prevention. Data from USA Swimming indicate that 70 percent of African-American children and 62 percent of Hispanic children cannot swim, making them more likely to drown.

The new CPSC Pool or Spa Submersions: Estimated Injuries and Reported Fatalities, 2013 Report shows annual averages of:

- 390 pool or spa-related drownings for children younger than 15 with 76 percent (296) of the victims being younger than 5
- 5,100 pool or spa-related emergency department-treated submersion injuries for children younger than 15 with 78 percent (4,000) of the injured being younger than 5.

Tenenbaum presented the annual Submersion and Entrapment reports for 2013 at an event today at the William H. Rumsey Aquatic Center in Washington, D.C.’s Capitol Hill neighborhood. Chairman Tenenbaum was joined by U.S. Rep. Debbie Wasserman Schultz; Suzy DeFrancis, Red Cross Chief Public Affairs Officer, and Katey Taylor, mother of entrapment victim, Abbey Taylor. Jesus Aguirre, Director of the DC Department of Parks and Recreation, welcomed the group to the popular neighborhood pool.

“As we head into summer and families across the country are getting ready to take their kids to the pool, we must remind everyone how important it is to keep a careful watch on our children as they swim and ensure that their pools and spas have proper safety equipment,” said Rep. Wasserman Schultz. “Working together, we can improve the



Lance Cpl. Nathan Knapke | Hawaii Marine

Sgt. Christopher Womack, 26, a food service specialist with Headquarters Battalion and native of Orlando, Fla., slices brisket at Anderson Hall Dining Facility during the “Chef of the Quarter” competition, May 23.

a.m. to begin their cooking process.

“There is some real talent back in the kitchen here today,” said Lance Cpl. Cortland Hone, 20, a food service specialist with Headquarters Battalion and a native of Carlin, Nev. “Its always interesting to see what dishes everyone decides to make.”

Hone took third place for his “Amish Collection.” His appetizers included broccoli salad and chicken soup with white sweet bread. Hone served potato dressing chicken croquettes with chicken gravy and green bean casserole for his main meal. He prepared shoo-fly pie for dessert.

“The contest gives everyone an opportunity to see how they stack up against each other,” Hone said. “‘Chef of the Quarter’ is great because every Marine likes to compete, to show they are the best.”

“I have only been here for two months,” said Womack. “The competition is really fun because it’s not every day we are told we can make whatever we want. The competition gives Marines an opportunity to get creative and show off what they have to offer. Winning the competition proves to Marines in the kitchen that I have something to offer.”

Womack’s next step is competing in the “Chef of the Year” competition. Each winner of the “Chef of the Quarter” moves on to compete for top honors for the best chef of 2013.

safety of all pools and spas by increasing the use of layers of protection and promoting uninterrupted supervision to prevent child drowning and entrapment. With government programs like the CPSC’s Pool Safely, people can learn simple steps to take to save lives.”

“Learning how to swim saves lives,” said Suzy DeFrancis, Chief Public Affairs Officer for the American Red Cross. “The American Red Cross encourages all families to enroll in Learn-to-Swim programs by contacting your local pool.”

Families can learn about Red Cross programs and find water safety tips by going to <http://www.redcross.org>.

New data from CPSC’s 2013 Submersion Report compile information on reported pool or spa-related drownings between 2008 and 2010 and estimated pool or spa-related injuries from 2010 through 2012 for children younger than 15. The estimated averages for the three-year periods represented show:

- Residential locations dominated incidents involving victims younger than 5 years of age; 85 percent of the fatalities occurred at residential pools or spas. About 50 percent of the injuries and 73 percent of the fatalities involving children younger than 15 years occurred at a residence.
- Of the reported pool fatalities for children younger than age 15, about 60 percent (231) occurred in in-ground pools; 15 percent (59) in above-ground pools, and nearly 10 percent (37) in portable pools.
- There were no reported entrapment fatalities for 2012. The last recorded fatality of a child due to suction entrapment was in 2007. CPSC received seven reports of entrapment injury incidents during 2012.

For the complete reports see: Pool and Spa Submersions 2013 and Circulation/Suction Entrapments 2013. The years for reported injury and fatality statistics differ due to a lag in fatality reporting.

Pool Safely, a national public education campaign supporting the requirements of Section 1407 of the Virginia Graeme Baker Pool and Spa Safety Act, works with partners around the country to reduce child drownings, near-drownings submersions and entrapment incidents in swimming pools and spas. Parents, caregivers, and the media are encouraged to visit <http://www.PoolSafely.gov> or @PoolSafely on Twitter for vital safety information regarding the prevention of child submersions in and around pools and spas.

The U.S. Consumer Product Safety Commission is still interested in receiving incident or injury reports that are either directly related to a product recall or involve a different hazard with the same product. Please tell us about your experience with the product on [SaferProducts.gov](http://SaferProducts.gov). Contact the CPSC Consumer Information Hotline at this toll-free number, 800-638-2772 (TTY 301-595-7054) with questions about recalls between 8 a.m. and 5:30 p.m. eastern time. Messages can be left anytime.



# AROUND THE CORPS

## Belleau Wood commemorated for Memorial Day

**Sgt. Tatum Vayavananda**  
*U.S. Marine Corps Forces Europe*

**BELLEAU, France** — To commemorate Memorial Day, and to mark the 95th anniversary of the historic Battle of Belleau Wood, U.S. Marines with their French brothers and sisters in arms, locals of the town of Belleau, and visitors from around the world gathered at Aisne-Marne American Cemetery May 26 to remember and honor the fallen heroes of World War I, as well as celebrate the long-standing partnership between U.S. and French militaries that is still alive today.

“Near this very site, just behind me and over the hill, Marines and their French counterparts together demonstrated their unflinching valor during a fight that would forever change our Corps,” said Col. Roger Turner, commanding officer of the 5th Marine Regiment.

The event was held in the memorial cemetery that lies outside of the historic grounds of Belleau Wood, the battlefield where the modern Marine Corps first made its name in one of the fiercest battles during the first world war.

The ceremony was held on the parade grounds overlooked by the Romanesque chapel and flanked by 2,289 epitaphs of the fallen.

“We are privileged to return here each year to join you in honoring the memory of the many brave warriors who died fighting in the pursuit of liberty,” said Turner.

In June of 1918, during the first world war, the Battle for Belleau Wood was fought during the German Spring Offensive. The battle, a “baptism by fire” as known in Marine Corps legacy, was fought in the 200-acre forest located by the Marne River named “Belleau Wood.”



Marines from the 5th Marine Regiment stand at parade-rest during a ceremony at Aisne-Marne American Cemetery, May 26.

was contended for by the opposing German forces due to its strategic location; it was approximately 90 kilometers north from the capital city of Paris. The opposing forces launched a surprise offensive and reached the bank of the Marne River at Chateau-Thierry, which fell on the evening of June 1.

In response, U.S. troops, consisting of the 1st Battalion, 5th Marine Regiment marched more than 10 kilometers to plug the gap in the line by dawn. On June 26, the 3rd Battalion, 5th Marines attacked Belleau Wood and cleared the forest of the German opposition, ending one of the fiercest battles the U.S. would fight during the war.

“This is where modern history for the Marine Corps really started,” said David M. Atkinson, the superintendent of Aisne-Marne American Cemetery. “Prior to June of 1918, very few people had heard of the Marine Corps — after, the Marine Corps was absolutely known throughout the world.”

“For the Marines, it represents something exceptional to be here. It is a tie between the Marine Corps and the French Marines that is tremendous and they find it here with each other every year,” said Atkinson, an Anderson, Nev., native.

Though seldom mentioned in historic texts, The Battle for Belleau Wood has an endearing place in Marine Corps legacy and is known to all Marines as sacred ground where Marines and French troops fought together, an endearing partnership that has lasted to the present day.

“The links uniting U.S. Marines and French soldiers are ancient. They date back to the U.S. War of Independence and they have strengthened with all the events of the 20th century,” said French General Francis Autran, deputy chief of staff of “Plans and Programmes” at the French Army Staff.

“The brotherhood-in-arms seen here today, and this faithfulness to the memory of these heroes surrounding us and

those who died since then in operations are the proof of strong links uniting our services and the values we share — values that the U.S. Marine Corps has maintained, making it an elite Corps,” said Autran.

The battle was fought by Americans under French command and many units received French decorations for their outstanding valor and courage. The 5th and 6th Marine Regiments are authorized to wear the French fourragère on their dress uniform as a result of being the only regiments in the American Expeditionary Force to receive the Croix de Guerre, an award for distinction in combat with the enemy, three times during the first world war.

“Because of the legendary Marines that earned the fourragère fighting side-by-side with our French friends, we’ve earned the right to wear it today,” said Sgt. Christopher M. Steward, an intelligence analyst with 5th Marine Regiment.

The importance of this legacy continues today and we come

here to commemorate what they did and what it means to our Marine Corps,” added the Merrimack, N.H., native.

Mayor of Belleau Monique Benier and Maj. Gen. Raymond C. Fox, commanding general of Marine Forces Africa and II Marine Expeditionary Force, were in attendance along with military officers and officials representing the U.S. and France.

The event also featured the laying of wreaths in commemoration of the fallen, a firing of volleys, the playing of “TAPS,” raising of the American and French national colors, and a concert by the French military band.

Participating units from the U.S. Marines included 5th Marine Regiment, Marine Security Guard Detachment, the Wounded Warrior Regiment and Marine Forces Europe and Africa. French units that participated in the ceremony included the 21st Marine Infantry Regiment and the Musique Principale des Troupes de Marines.

The Memorial Day celebration is an annual event that is hosted by the American Battle Monuments commission, the guardian of America’s overseas commemorative cemeteries and memorials that honor the service, achievements and sacrifices of U.S. Armed Forces around the world.

“Here, we stand shoulder-to-shoulder in solidarity and in tribute to those who bravely fought for freedom and gave the last full measure ... This was the kind of enduring freedom we celebrate today,” said Turner. “Just as our forefathers fought shoulder-to-shoulder, nearly 95 years ago ... today, we continue to serve together in foreign lands. The legendary partnership between French soldiers and American Marines continues.”

## MWSS-274 Marines qualify with heavy weapons

**Lance Cpl. Andrea Cleopatra Dickerson**  
*Marine Corps Air Station Cherry Point*

**MARINE CORPS AIR STATION CHERRY POINT, N.C.** — Approximately 28 Marines with Marine Wing Support Squadron 274 completed the Machine Gun Assistant Instructor Course at the Basic Skills Training School aboard Camp Lejeune, May 23.

The purpose of the course is to teach non-infantry Marines how to properly employ machine guns to ensure they have the necessary skills to defend their unit’s position in a real-world scenario.

Now, those Marines are qualified and ready to assist their comrades on the ground.

“The training is beneficial because it teaches Marines what to do during certain operations like engaging an artillery battery,” said Lance Cpl. Kaheem J. Sharpe, an automotive organizational mechanic with MWSS-274.

During the two-week course, the Marines

learned proper operating procedures and basic fundamentals of the MK-19 automatic grenade launcher, the M240B medium machine gun and the M2 .50-caliber heavy machine gun.

The newly-certified machine gun assistant instructors completed more than 30 hours of classroom instruction, said Sgt. Milton L. Winrow, a machine gun instructor at the school.

“The Marines performed great,” said Winrow. “They more than exceeded the expectations I set for them.”

Sharpe said before coming to the course, he hoped to gain better understanding of the weapons systems and have the knowledge he needs to instruct others as well. He said he now feels confident in his abilities and looks forward to teaching his counterparts. “This training benefits not only our unit,” he said. “It benefits the whole aircraft wing, because we need people to operate weapons in theater. Now we can instruct and pass on our knowledge to others in different units.”



Lance Cpl. Andrea Cleopatra Dickerson | Marine Corps Air Station Cherry Point

Marines with the Marine Wing Support Squadron 274 practice assembling and disassembling the M2 .50-caliber machine gun during the Machine Gun Assistant Instructor Course at the Basic Skills Training School aboard Camp Lejeune Monday.

## Marine receives Bronze Star, passes on knowledge to FMTB-West students

**Cpl. Mark Garcia**  
*I Marine Expeditionary Force*

**MARINE CORPS BASE CAMP PENDLETON, Calif.** — Staff Sgt. Justin M. Rettenberger, an instructor with Field Medical Training Battalion West, and a native of Dubuque, Iowa, received the military’s fourth highest combat award during a ceremony at Camp Pendleton, May 23.

Rettenberger received the combat distinguishing “V” device, for valor, with his medal.

Rettenberger was selected for the Bronze Star for his heroic actions while conducting combat operations against insurgent forces in support of Operation Enduring Freedom from March 8 to June 30, 2012, according to the award citation.

Rettenberger relentlessly pursued the enemy in the heavily contested Musa Qal’ah and Kajaki Districts while serving with 2nd Battalion, 5th Marine Regiment.

During one insurgent ambush against friendly Afghan National Army soldiers, Rettenberger pushed his Marines to help secure the ANA’s flanks ensuring the enemy did not encircle them. While his Marines were repositioning, a lone insurgent charged the rear of the patrol firing his weapon, Rettenberger instantly spotted the insurgent and fired at the insurgent, killing him.

In a separate incident Rettenberger’s platoon came



Cpl. Mark Garcia | I Marine Expeditionary Force

Staff Sgt. Justin M. Rettenberger, an instructor with Field Medical Training Battalion West, receives the Bronze Star with the combat distinguishing “V” device, for valor at Camp Pendleton, May 23.

under fire where he ensured each of his Marines knew where to shoot from behind cover. After ensuring the well-being of his Marines he noticed a separate enemy fighting position. He left his covered position to return fire and he quickly overcame the enemy, forcing them to retreat.

Navy Capt. Michael Eby, the commanding officer of

FMTB-West, spoke of the opportunity for the corpsmen undergoing training to receive mentorship and guidance from Rettenberger.

“These students here, they’re the next crop of corpsmen going into the Fleet Marine Force and absolutely rate 0361’s of the caliber of Staff Sgt. Rettenberger,” Eby said. “The knowledge, the experience and the calm under fire, he’s going to impart on these students sets the conditions of the success for these corpsmen as they move out to the fleet.”

Rettenberger said he was thankful to his past leaders who imparted knowledge on him and for the support of his wife.

“One of the things that keeps me calm under fire is knowing my wife has the homestead,” Rettenberger said. “Whether it’s late nights at the school house, whether I’m on a combat deployed mission or just out in the field training I know she’s always got the homestead and that’s one of those things that always makes it easy for me to do my job.”

During his speech Rettenberger had a message for the corpsmen of FMTB-West.

“Gentlemen remaining calm under fire, there’s nothing to that than its brilliance in the basics,” Rettenberger said. “So remember that whenever you’re tasked with doing something whether it’s saving a Marines life or a simple intravenous needle stick remember the basics and with that you’ll succeed.”



# Spouses, families get taste of Marine life

**Story and photos by Lance Cpl. Janelle Y. Chapman**  
Marine Corps Base Hawaii

Family members of Headquarters Battalion were afforded the opportunity to shoot pistols and rappel off a rappel tower at the unit's first Warrior Day, May 24. They learned to carry out missions that Marines accomplish every day.

Twenty spouses and dependents gathered at the Boondocker training area on Marine Corps Base Hawaii, to see demonstrations and begin their unusual experience. Some of the participants' family gathered to watch and be a part of the experience.

"This is great because it's a day away from the kids," said Alisa Hone, a Marine spouse. "Now I can show my husband that I can do the same things he's done."

Provost Marshal's Office dog handlers and their canine counterparts demonstrated how they work together. They showed the participants how well trained their dogs are and how they handle conflicting situations. The PMO representatives explained and demonstrated different scenarios, from calm, verbal altercations to full blown threatening encounters. The dogs reacted differently to each scenario and received different commands for each.

Participants also observed hand-to-hand fighting techniques from Marine Corps Martial Arts Program instructors. The MCMAP instructors discussed each level and color belt that Marines could earn in the program while demonstrating the techniques necessary to achieve each level.

After the demonstration, the participants were welcomed into the MCMAP pit to try out the moves themselves. They were taught how to control a person by just grabbing their hand, different takedowns and leg sweeps, and how to take possession of an aggressor's weapon.

Once the participants had their taste of MCMAP, the large group was split into two. One group went to the rifle range while the other tackled the rappel tower. The group would switch once they finished the station they were at.

Just like their Marine family members, participants had a detailed safety brief before shooting. They were given cartridge belts with pistol holsters and magazine pouches on their respectable sides for left-handed and right-handed shooters.

Range coaches explained how to hold, fire and reload the Beretta M9 semi-automatic pistol and Mossberg 500 pump-action shotgun. The family members walked to the seven-yard line and were guided during one-on-one time with their specific range coach. The coaches re-explained everything, making sure they were comfortable with the weapon.

Once everyone was comfortable and understood the weapons, they took turns firing each weapon. They were given two magazines of 15 rounds for the pistol and five individual rounds for the shotgun.

On the seven-yard line, they lined up in front of a target and when given permission, began to fire. Some were nervous at first, jerking the trigger, making the weapon recoil up. But after a few shots, they began to get the hang of it and looked comfortable with the weapon in hand.

"It was a different experience working with spouses instead



A rappel tower instructor teaches family members how to tie a "seat," or rope harness, at the unit's first Warrior day, May 24. The "seat" is used to harness the participant as they rappel down the wall.

of Marines," said Lance Cpl. Timothy Hobbs, a mail clerk for Headquarters Bn. and range coach. "It made me feel good because they listened and understood what I was explaining. They grasped what was being taught."

Once everyone on the firing line fired all of his or her rounds, the line was cleared and they switched positions and weapons.

"I was so nervous to actually go on the range and shoot," said Stephanie Gonzales, Marine spouse. "I did a lot better than I expected and it really wasn't that

bad. It was a great experience."

When Warrior day participants weren't firing at the range, they were tackling another type of training.

The other station was the rappel tower at Boondocker training area. They had to make a rope "seat," climb to the top of the rappel tower, and rappel down using two ropes connected to their "seat."

Instructors at the rappel tower instructed the family members on how to make a "seat" and the proper technique when rappelling from the tower. With

the guidelines, they put on kevlar and made their way up the tower.

One by one they stood at the edge of the rappel tower, eyes on their coach, before leaning back and ended up parallel to the ground, feet on the wall, face to the sky. The coaches guided them down with their words while the participants kept their eyes on the ground below.

Some were so nervous they ended up upside down, their nerves taking over. By the end, everyone made it down the wall with no injuries.

Once everyone had finished at the range and rappel tower, they ate lunch at the training area under a tent with tables and chairs. The Warrior Day participants conversed and ate, enjoying the end of an eventful day.

"Warrior Day is for dependents to experience the obstacles we've gone through and continue to go through," said Staff Sgt. Kelly Anderson, operations chief for Headquarters Bn. "It brings everyone together and lets them experience something they couldn't otherwise."



Sgt. Skyler Tooker and Cpl. Brian Giera, Marine Corps Martial Arts Program instructors with Headquarters Battalion, demonstrate MCMAP techniques during the unit's first Warrior Day, May 24. The family members were encouraged to try out the techniques themselves after the initial demonstration.



Stephanie Gonzales, Marine spouse, aims a Beretta M9 semi-automatic pistol at her target during Headquarters Battalion's first Warrior day, May 24. The family had the opportunity to shoot Beretta M9 semi-automatic pistols and Mossberg 500 pump-action shotguns.



**LEFT:** Catrecia Lewis practices her newly learned Marine Corps Martial Arts Program techniques on her husband, Sgt. Maj. Ansil Lewis, the sergeant major of Headquarters Battalion, at Warriors Day, May 24. The civilian participants learned about different MCMAP techniques and were given the opportunity to test out their new skills.

**BELOW:** Officer Christopher LeFebvre plays the dummy while demonstrating what the military police's canines are trained to do during Headquarters Battalion's first Warrior Day, May 24. Three different canines were brought out to demonstrate how they assist military police.







Sgt. Sarah Fiocco | Marine Rotational Force — Darwin

Marines with first platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force — Darwin, sprint to their first station wearing full gear during a squad competition, May 23. MRF-D Marines sprinted to four different locations in which they had to complete a call for fire on a radio, complete a maximum set of burpees in six minutes, conduct a casualty evacuation and fire their rifles at multicolored targets.

# Training heats up at Kangaroo Flats

**Sgt. Sarah Fiocco**  
*Marine Rotational Force — Darwin*

**KANGAROO FLATS TRAINING AREA, Northern Territory, Australia** — The intense Northern Territory heat and an arduous 4.5-mile run in full combat gear were only some of the obstacles Marines with Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force — Darwin, faced as they completed a squad competition, wrapping up their four days in the field, May 23.

Throughout their run, Marines also stopped at four different locations in which they had to complete a call for fire on a radio, complete a maximum set of burpees in six minutes, conduct a casualty evacuation and fire their rifles at multicolored targets.

“This last day is a gut-check physical challenge for all the Marines to do before we get out of here,” said Capt. Raymond L’Heureux, commanding officer, Lima Co., 3rd Bn., 3rd Marines, MRF-D. “We like to push

Marines to their physical limits to make sure they’re still able to operate in very adverse conditions.”

L’Heureux explained that having the job as an infantryman can weigh heavily on the body, so it becomes extremely important to stay physically fit, explained.

“You never know where you’re going to be. As the Marine Corps says, ‘we fight in any clime and place,’ said L’Heureux. “So many of the Marines here have been deployed to the deserts of Afghanistan where it’s dry and hot. We’re from Hawaii where it’s humid and hot, and now we’re in Darwin where it’s more humid and hot.”

The event allowed the Marines to put many of their practiced combat skills to the test, which is important during a time of war.

“Afghanistan takes everything that you learn as an infantryman and puts it together,” said L’Heureux.

Which is why it’s so crucial for the Marines to stay familiar with these skills, he added.

The event also gave the Marines the opportunity to build their camaraderie on a small-unit level.

“(They completed the exercise) in squad-sized elements, so they were able to operate as a team, push each other, motivate each other and lean on each other,” L’Heureux said.

According to Sgt. Ian Polhamus, squad leader, third platoon, Lima Co., 3rd Bn., 3rd Marines, MRF-D, teamwork was needed to complete this challenge, especially during the run.

“The hardest part was the run,” Polhamus said. “The Marines know their stuff. They know how to call in their landing zones, and they know how to shoot their weapons. Running for (four and half miles) in this humidity is something we’re not used to.”

Even with no sign of the Northern Territory heat letting up, MRF-D Marines are still ready to train at any of the Australian Defence Force training facilities “out in the bush.”



# CONGRATULATIONS GRADUATES!

Col. Nathan Nastase, commanding officer, 3rd Marine Regiment, congratulates Maj. John L. Gallagher IV, G-4 planner with Headquarters and Service Battalion, U.S. Marine Corps Forces, Pacific, during the 15th annual graduation exercise at the base theater, May 20. More than 120 students graduated from the Hawaii Satellite Campus of the Command and Staff College and Expeditionary Warfare School Distance Education Programs, College of Distance Education and Training.



Lance Cpl. Roberto Villa | Combat Camera



Kristen Wong | Hawaii Marine

# MCB HAWAII SAILORS BARK FOR HUMANE SOCIETY

KANEOHE, Hawaii - Petty Officer 2nd Class Alex Torres, a hospital corpsman with Naval Health Clinic Hawaii, accompanies a dog from the Hawaiian Humane Society during an offsite adoption event at Kaneohe Bay Shopping Center, May 11. Volunteers from the MCB Hawaii Second Class Petty Officer Association assisted with the event by making signs and taking care of the adoptable dogs.





Lance Cpl. Vincent DeLuca, an infantry automatic rifleman with 2nd Battalion, 3rd Marine Regiment, shoots his weapon during a squad level advanced marksmanship course at Kaneohe Bay Range Training Facility, May 23.

IAR, from A-1

The Marines transitioned from standing, kneeling and prone positions throughout the course of fire as the targets moved up and down after their rounds made impact.

Lance Cpl. Vincent DeLuca, an IAR gunner with 2nd Bn., 3rd Marines and a native of Pensacola, Fla., said the automatic rifle gives IAR gunners a better way to provide suppressive fire.

“If we shoot more rounds than the enemy shoots at us, we have the initiative and the ability to move on the objective,” DeLuca said.

DeLuca explained since the M27 automatic rifle replaced the M249 squad automatic weapon, they have a new system to learn, and this training properly teaches them the weapon system.

As the Marines emptied their magazines, they were evaluated on their marksmen skills by range coaches at each target point.

“Every single bullet they shoot, they get feedback,” Somers said.

“Their ability to employ their weapon systems properly makes or breaks squads. The more effective they are here, the more effective they will be as enhanced marksmen in the future to support our unit.”

DARWIN, from A-1

many high-ranking people and government officials have a growing interest in the Marine presence in the area.

“You guys are in the spotlight — like no other rifle company in the Marine Corps is right now,” Glueck explained. “People are watching. It’s not only the Marine Corps watching, it’s the Department of Defense. It’s high visibility.”

Even the Commandant of the Marine Corps, Gen. James F. Amos, had a personal message for the Marines of Lima Company, 3rd Battalion, 3rd Marine Regiment, MRF-D.

“The commandant wants to say he’s very proud of Lima Company,” passed Glueck. “He knows you’re down here.”

Having a vast history with allies in the Pacific, the general hopes the Marine presence in Australia will build on an already-efficient crises response.

“It’s all about being forward deployed and being able to meet the crisis response like we did in Operation Tomodachi. We responded within 18 hours,” added Glueck. “They will never forget what the Marines brought to that area and how fast we responded.”

Gleuck said he has high hopes for the future rotations in Australia.

“It’s Marines like you that get down there and work with our coalition partners that makes the difference,” he said. “Thank you for what you’re doing. There’s a bright future down here.”



Lt. Gen. Kenneth Glueck, Jr., commanding general, III Marine Expeditionary Force, speaks to the Marines of Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force — Darwin, at the Rowell Centre, May 28. Glueck flew to Australia to visit MRF-D Marines and tour surrounding military facilities.



# Sports & Health



Lance Cpl. Matthew Bragg | Hawaii Marine

**Ronny Movete (center) runs the ball to score for the Marines team during the Marine and Navy rugby scrimmage at Kapiolani Park, Saturday. Although no official score was kept, the Marines completed more successful plays than the Navy team.**

**Lance Cpl. Matthew Bragg**  
*Marine Corps Base Hawaii*

**HONOLULU** — Marines, sailors, airmen and civilians gathered in Kapiolani Park to compete against one another to assess their skills in a rugby match, Saturday.

Team Red comprised of past and present Marines as well as players from the local Hawaii Harlequins. They faced off against team Blue, which comprised of all Navy and Air Force service members.

The scrimmage was the first time playing rugby for most of the service members. The experienced Harlequin players, who won the state championship in rugby, April 13, were invited to join the service members during their scrimmage.

“Today is all about getting a gauge to see how far these guys can go,” said Joshua Stone, the coach and captain of team Red. “These scrimmages are

kind of like tryouts. We’re trying to find out which guys mesh and work well together.”

To most people, rugby is a football game played without pads. But unlike football, rugby is almost a continuous game played in four 15-minute quarters. In a rugby match there are no set positions. During the game, a player could be on the offensive by running with the ball, but as soon as he is tackled he must surrender the ball and begin playing defense. Any player with the ball who clears the opponent’s end zone scores five points.

“Players step on the field and realize quickly they’re not made of steel,” said David Delozier, the coach and captain of team Blue. “If you have the ball, everyone is after you, and you just have to buckle down and take the hit.”

Taking the field, Red and Blue lined up facing each other. Blue kicked off

the ball to start the game, and some of the new players were confused at first as to what they needed to do to help their team.

“I didn’t know what I was supposed to do or what position to play,” said Reilly Mealer, a team Blue player. “But after the first quarter I picked up the swing of things pretty easily.”

Team Red battled through hit after hit, passing the ball off to teammates and eventually opened the scoring. Neither team kept official score during the scrimmage. Instead, they focused on helping new players understand the fundamentals and basics of the game.

“I was surprised at the level of camaraderie shared between both teams,” said Mike Steves, a team Blue player. “We’re just privileged to be out here playing with these guys and having fun.”

Another service member and team Red player, Ronny Movete, comment-

ed, “I’ve been playing rugby since I was a child, so I know a thing or two. It’s great that some of the players from the Harlequins are out here today. They’re a good group of guys to play with.”

The armed forces are planning to participate in their first tournament, July 4, where they will compete as official teams. They plan to hold a color guard ceremony at the opening of the tournament, and have different activities for kids to enjoy during the event.

“We want this to be more than just a couple competitive games,” Stone said. “Our goal is to bring families out and show them what rugby is about, but also give them their own activities to enjoy.”

For anyone interested in finding out more about the armed services tournament, more information can be found by visiting the Hawaii Marine Rugby Facebook page.

## MAG-24 hosts safety stand-down at base marina

**Kristen Wong**  
*Marine Corps Base Hawaii*

To kick off the long Memorial Day weekend, Marines and sailors of Marine Aircraft Group 24 divided time between land and sea for a safety lesson in the sun, May 23. Dressed in shirts, shorts and shades, the service members separated into seven teams, and rotated through outdoor, hands-on activities at the base marina for the MAG-24 101 Critical Days of Summer Safety Stand-down.

The 101 Critical Days of Summer is the period between Memorial Day and Labor Day in which many people engage in outdoor recreational activities such as swimming and boating. Like other branches, the Marine Corps requires that units annually host a safety stand-down. This is the first year MAG-24 is hosting a unique stand-down featuring stand-up paddleboarding, outdoor class sessions and boat tours.

“(This type of stand-down is) designed to get Marines and sailors engaged and excited about safety, which typically can’t be accomplished during a PowerPoint-driven safety stand-down,” said coordinator Gunnery Sgt. Jeremy Miller, the ground safety officer at MAG-24.

Before the morning sessions commenced, Miller informed the group of a few updates on new Hawaii state safety laws. He also reviewed the purpose of the Drive A Sailor Home card, which Marines and sailors can present to taxi drivers for a safe ride home and the ability to pay the bill later.

“Our number one priority is maintaining readiness to accomplish all assigned missions while preserving our most precious assets — our Marines and sailors,” said Col. Paul Fortunato, the commanding officer of MAG-24. “This safety stand-down was definitely a step out of the ordinary and one that certainly increased MAG-24’s safety posture in an effort to preserve their most precious assets.”

Guest instructors from various base entities including Marine Corps Community Services and Waterfront Operations covered topics ranging from operational risk management to sexual assault prevention. While some subject matter experts led presentations at various stations, others took groups on tours of Kaneohe Bay to point out safety hazards, landmarks and information about water activities in the bay.

Marines and sailors received a brief presentation from Brad Akeo, the senior ocean safety instructor with MCCS Aquatics, and Staff Sgt. Terrance Brown, the substance abuse counseling officer for MAG-24, at the responsible drinking station.

Then, Marines and sailors took turns putting on life vests and “beer goggles,” which simulates the vision of



Kristen Wong | Hawaii Marine

**Lance Cpl. Charles Rogers, an armorer with Marine Aircraft Group 24 and native of Tampa, Fla., and Lance Cpl. Micah Wroten, an aviation logistics information management and support Marine with MAG-24, and native of Westbrook, Maine, attempt to go kayaking at the base marina with goggles impairing their vision, May 23. This was just one of several activities available for Marines and sailors at the MAG-24 101 Critical Days of Summer Safety Stand-down. The “beer goggles” the pair wore impact vision and simulate intoxication.**

an intoxicated person. In pairs, they boarded kayaks and attempted to paddle around a designated buoy wearing the goggles.

“Sometimes (people) don’t understand the effects of alcohol and how it really impairs their abilities,” Brown said. “I think this will at least will give them a taste of the true effects. Hopefully they will get a little fun out of it also.”

Brown said he hopefully having interactive activities will “leave a lasting impression” on the Marines and sailors, as they recall their experiences at this event and apply what they’ve learned to every day life.

On the same dock, Marines and sailors also practiced stand-up paddleboarding after a short lesson. Miller said after chatting with the base lifeguards, the idea for a stand-up paddleboarding session was born.

“The MCB Hawaii lifeguards respond to more stranded or drifting stand-up paddleboarders than anything else,” Miller said.

Miller said instructors at the paddleboard station taught the Marines and sailors proper paddling techniques, and important things to consider when pad-

dling, such as the conditions of the water and wind, as well as various paddleboarding hazards.

“By providing hands-on training, the MAG-24 101 Critical Days of Summer Safety Stand-down broke the mold of ‘death by PowerPoint,’” Miller said. “The event was engaging, informative, built camaraderie and should be used as an example of how to conduct a safety stand-down.”

Chief Warrant Officer 2 Ochan Nicholas, a mobility officer with MAG-24, said this event was better than traditional stand-downs at the base theater. He said service members had visual aids to accompany their sessions. For instance, Waterfront Operations informed the groups about the large coral reef in Kaneohe Bay, but also drove a boat to see just how big the reef is. He particularly liked the station in which service members learned about diving, snorkeling and fishing from Brandon McBride, a beach lifeguard with Marine Corps Community Services.

“I would recommend it for any unit,” Nicholas said. “Guaranteed it will pique the interest of your Marines and sailors.”



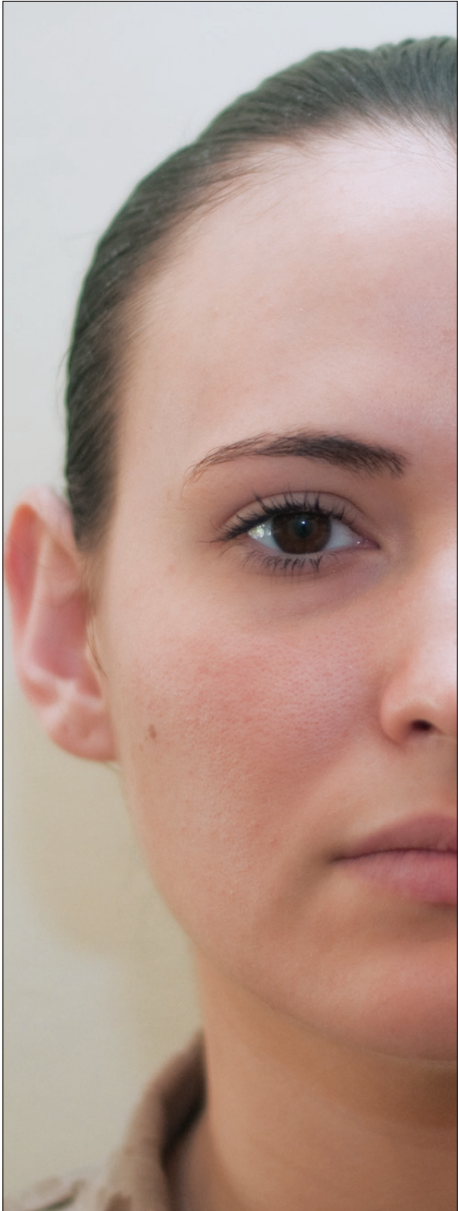


Versus is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to [HawaiiMarineEditor@gmail.com](mailto:HawaiiMarineEditor@gmail.com).

If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up ladies ... it’s game time.

## Is physical therapy beneficial?

**Lance Cpl. Janelle Y. Chapman** VS. **Cpl. James Sauter**



**CHAPMAN**



**SAUTER**

**CHAPMAN:** Physical therapy is popularly used to rehabilitate injured sports players and people recovering from broken bones, but just because it’s popular does that mean it actually works? I say no. I personally have gone through physical therapy multiple times and I can say it does not help. You get told to do some stretches that could easily be done at home, for a few weeks and then bam you’re healed, or so they say. If you think doing some toe touches is going to fix your torn quadriceps, then go on into physical therapy. But if you want real treatment, go see a doctor, get X-rays, rest up and hope surgery is out of the question.

**SAUTER:** Your problem is not giving physical therapy enough time to work. Nothing heals overnight and depending on the injury, different therapy techniques have to be used. You’re not giving enough credit to physical therapy and all the accomplishments that have been made in sports medicine and scientific understanding of human physiology. Because of advancements in these areas and continued use of therapy, doctors can better treat people with injuries such as pulled hamstrings by nursing the muscle or replacing a torn Achilles’ tendon with a skin graft.

**CHAPMAN:** I agree that sometimes people don’t give it enough time, but if there is a quicker way to get healed, why not take that path?

Usually, the patient goes to physical therapy twice a week for a month, then is encouraged to do the exercises at home, but how many of those people actually continue the exercises? Not many, so why not give them a quick fix that they can’t mess up later down the line. Another issue with physical therapy is that it can injure the patient further by pushing the muscle too far. Or since physical therapy is usually the first resort, patients get injured due to doctors’ lack of knowledge of what is actually wrong with the patient. Basically the wrong physical therapy could worsen the patient’s injury rather than fix it.

**SAUTER:** The majority of injuries most people get are relatively simple fixes. Between my own physical training of running and weight lifting, the muscles in my shoulders and calves gradually stiffened. A personal trainer told me I had to stretch more and use a foam roller to break up the stiffness and let the muscle relax. I don’t have any more problems but I need to use a roller every day to keep my muscles limber. This is a simple form of physical therapy that works and doesn’t require any surgery. What you’re talking about is probably a nerve problem that extends beyond what physical therapy can help with. Therapy does have limitations but you can’t discredit it because it can’t cure everything. Therapy is supposed to help an injury recover naturally or help an injury prepare for surgery.

**CHAPMAN:** I’ve heard more horror stories about physical therapy than Steven King has written novels. There is no magical treatment that can fix everything and I know that, but if they are unsure of what is wrong and don’t know if the treatment will worsen the injury then why do they insist on doing it. I just think doctors think physical therapy is the answer to any extremity injury. As soon as I said my pain was on my lower left side, they told me physical therapy would help because it is a ‘muscle problem’ but after weeks of doing these “stretches” I became more limited in my activities. I’m not just speaking from stories I’ve been told, but from experience and what I have experienced is it caused more harm than good. So take a guess, but physical therapy will not be in my future.

**SAUTER:** Therapy is not a cure. How many times do I have to explain that to you? They’re many benefits to doing those stretches that alleviate stress in the short run and also preserve and protect yourself from future injuries. If I didn’t use a roller on my muscles, I would have probably pulled a muscle and put myself out of commission. I’m lucky to be in good condition but some wounded warriors depend on physical therapy to accustom themselves to prosthetic limbs after losing arms or legs. Physical therapy has its place to rehabilitate, nurture and help those who need help with healing so they can get back into full swing.



## COMMUNITY, SPORTS BRIEFS

### Tackle Sexual Assault Tournament

The 8-on-8 Tackle Sexual Assault Tournament is scheduled for Saturday at 9 a.m. at the Commander, U.S. Pacific Fleet Headquarters field aboard Joint Base Pearl Harbor-Hickam. All are eligible to play. Each team must have a minimum of two people of the opposite gender. There is an entry fee, and all proceeds go toward the Kapiolani Medical Center for Women and Children. Registration ends today, however late registration will be accepted. Call Tasha Joseph at 257-5041, ext. 314 or email [eustacia.joseph@med.navy.mil](mailto:eustacia.joseph@med.navy.mil) for more information or to register.

### Hike with the Hawaiian Trail and Mountain Club

The club hosts hikes year-round, but will tackle an intermediate 6-mile hike with views of Manoa Valley in Honolulu, June 9. See the Kolowalu junction and the Koolau summit as you hike up. Meet at Iolani Palace at 8 a.m. For more information, email [steve.davis@htmclub.org](mailto:steve.davis@htmclub.org).

### Habilitat’s 13th annual luau

Habilitat’s 13th annual luau is scheduled for June 1 at King Intermediate School, from 10 a.m. to 4 p.m. There is a fee to attend the event, which includes entertainment and food. There will be face painting, balloon animals, inflatable bouncers, and a mobile video game bus for children. For details, call 235-3691, or visit <http://www.habilitat.com/luau>.

### 2013 Tinman Triathlon

Volunteers are needed for various tasks before, during and after the 2013 Tinman Triathlon, July 28.

There are various volunteer opportunities during the triathlon, such as run course marshals. T-shirts, vests and arrows will be distributed and must be returned to a coordinator at the bike corral. High school and college volunteers are needed for four hours at the bike/run transition corral, starting at 5:30 a.m. July 28. Volunteers are sought for manual labor, setting up July 27 from 8:30 a.m. to 12:30 p.m. and breaking down July 28 from 10 a.m. to 2 p.m. Approximately 10 to 15 equipment crew volunteers are needed July 28, from 10 a.m. to 2 p.m., to break down the bike corral, and transporting all equipment after the race to the Bike Shop. Provide names, T-shirt sizes and parking passes by July 18. For details, contact Joan Davis at 535-9070 or email to [jrdva4vp@hotmail.com](mailto:jrdva4vp@hotmail.com).

### Join the First Tee of Hawaii

The First Tee of Hawaii is offering its junior golf program free of charge to children of active duty, reservist and National Guard service members. The program is open to children ages 7 to 18 at the Bay View Golf Range Driving range on Kaneohe Bay Drive, Sundays at 11 a.m. The program teaches valuable life skills, and participants learn how to play golf. To register, show up to practice, Sundays at 11 a.m. For details, go to <http://www.thefirstteehawaii.org> or call 478-3466.

### Childbirth classes taught at ASYMCA

Expecting a baby? Simplify your birth experience with childbirth classes located at the ASYMCA on base. Dates for upcoming group class series are Thursday, June 13, June 20 and June 27. The classes are in a series of five sessions, from 6:30 to 9 p.m. There is a fee. Childbirth education has the potential to reduce your fears and manage pain, teach you what to expect and what choices are available. The class covers topics including pregnancy comfort and nutrition, and stages and phases of labor. This class does not cover the benefits or drawbacks of drugs. It’s about preparation and building confidence for the big day.

The best time to take childbirth education is when the mother-to-be is about 30 weeks along in her pregnancy. Classes are taught by Nicia Platt, a military spouse and Lamaze certified childbirth educator. Call 780-1357, email [\[rightpathbirthclass.com\]\(http://rightpathbirthclass.com\), or visit <http://www.rightpathbirthclass.com> for details.](mailto:nicia@</a></p></div><div data-bbox=)

### 101 Days of Summer Swim Meet

The 101 Days of Summer Swim Meet is scheduled for Friday, June 21 at 7 a.m. The entry deadline June 19 at 5 p.m. Individual events include the 50-meter Backstroke, 50-meter breaststroke, 50-meter butterfly, 50 Meter Freestyle, 200 Meter Individual Medley (50m of each stroke) butterfly, Backstroke, Breaststroke, and Freestyle. Units can also enter four-person 50-meter relays for butterfly, backstroke, breaststroke, freestyle and a team medley of all four styles. The 120 points - 20 points per person; maximum of six people. For more information about event, contact Health Promotion Coordinator at 254-7636.

### Veterans Entrepreneurship Program

Applications are now being accepted for the Veterans Entrepreneurship Program through midnight Oct. 1.

At the heart of the VEP is an intense, eight-day training program at Oklahoma State University, which will cover topical modules comprising the critical areas of success for new and early stage ventures. These eight days are preceded by a five-week self-study component and are then followed by a 10-month period of mentorship and online peer-to-peer networking.

Travel expenses, lodging and meals for the Phase II bootcamp are provided at no cost to each delegate. Applicants are notified of admission or rejection on a rolling basis. Final notification is made to all applicants by Oct. 25. Due to limited space, a signed commitment letter must be received within a week of acceptance. Applications are online at <http://entrepreneurship.okstate.edu/vep>. Contact Riata Center for Entrepreneurship at 405-744-7552, or at [vep@okstate.edu](mailto:vep@okstate.edu) with questions.

### Pearl Harbor Naval Shipyard seeking apprentices

Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility is seeking apprentices. Apprentices receive full-time employment, hands-on training, and a tuition-free, Applied Trades degree from Honolulu Community College. Applications must be submitted through <http://www.usajobs.gov>. Eligible applicants must be U.S. citizens and 18 years old at the time of appointment. Males are required to be registered with the Selective Service System.

Applicants who do well on the exam are scheduled for a personal interview, and will be required to pass a physical exam to obtain a security clearance. All notifications are made through email.

At the end of four years, apprentice program graduates will have a minimum of 7,200 hours of training in on-the-job training; trade theory; and academic study. For details, visit <http://www.phnsy.navy.mil>.

### 101 Days of Summer volunteers needed

The Health Promotion Office needs volunteers for the 101 Days of Summer events to help at the health fairs, the field meet and the final Nuupia Ponds Fun Run/Walk. Call Karley Peterson at 254-7593 or Neil Morgan at 254-7636 with questions.

### Talk Story Camp

Come to 3rd annual Talk Story Camp, July 19 to 21, for three days and two nights of stories at Camp Paumalu on the North Shore of Oahu. It will be a convergence of storytellers and families in the hills of Pupukea. There will be local storytellers and mainland guests, food, hikes, workshops and more. For details email [jeffgere@lava.net](mailto:jeffgere@lava.net) or call 737-1774.

### Sign up for Runway Run

The Commanding Officer’s Fitness Series Runway Run is scheduled for July 4 at 6:30 a.m. Register for the run at Semper Fit Center. For more information, call 254-7590.



# MCAS officer scores spot on All-Marine Triathlon Team

**Christine Cabalo**

*Marine Corps Base Hawaii*

Whether racing toward a finish line or working as the C-20 aircraft operations officer for Marine Corps Air Station Kaneohe Bay, Lt. Col. Armando Espinoza powers ahead.

Espinoza is one of just eight male Marines chosen to compete in the 2013 Armed Forces Triathlon Competition at Point Mugu, Calif. scheduled for Saturday. Espinoza previously made the team in 2011 and first started racing in triathlons shortly after joining the Marine Corps.

“The Marine Corps taught me how to run and swim, so I figured I’d get a bike and give triathlons a try,” said Espinoza, a resident of Tuscon, Ariz. who emigrated from the Sonora region of Mexico with his family as a child. “My first triathlon was in Marine Corps Air Ground Combat Center 29 Palms, Calif. and I placed first in my age group and in the top 10 overall. I was hooked.”

In the 1990s Espinoza was one of the first members of the University of Arizona’s Tricats, a group comprised of college athletes who compete in triathlons and multisport events. Now in his 40s, Espinoza continues to push his fitness level and plans to compete well into the future.

“A lot of people look at triathlons and think to themselves, ‘I could never do that,’” he said. “People underestimate themselves. When you do one, you want to do another. It’s all about competing at your best.”

His training schedule includes as many as 15 hours a week biking, swimming and running. To keep on his toes, Espinoza secures his triathlon equipment in his car as a mobile locker so he can train on the go.

Espinoza trains on flat areas in the community, including jogging a path down Kamehameha Highway to Haleiwa Park. The long-time triathlete said this year he’s also been working with a new coach, Sergio Borges.

He makes use of freely available resources at Kaneohe Bay including training on the steep incline of Kansas Tower Hill and at the base’s main pool. Espinoza also belongs to Lanikai Running Club, a group of runners who regularly work out in the Kailua area.

Other military triathletes who train with Espinoza said he’s made the cut of an elite, competitive team especially since fewer Marines are sent to race against the other branches of service.

“His speed is phenomenal,” said Lt. Col. Heidi McKenna Schmitt, the Marine Corps Base Hawaii base inspector and a previous member of the female All-Marine Triathlon Team. “I’ve watched him become a better swimmer and a better runner since I’ve known him. He’s always been a good biker, but I’ve seen him increase his (speed) in swimming and running.”



Christine Cabalo | Hawaii Marine

**Lt. Col. Armando Espinoza practices in the pool with conditioning fins on his hands, May 22. Espinoza was selected for the All-Marine Triathlon Team and competes in the 2013 Armed Forces Triathlon Competition at Point Mugu, Calif. scheduled for Saturday.**

McKenna Schmitt described his sheer speed as fierce, biking like fire and running like a lion. Espinoza will confront a challenging course she herself has faced in competition.

“The challenges of Point Mugu are the water is very cold and choppy and drafting is legal on the base,” McKenna Schmitt said. “There are a lot of sharp turns and corners.”

Espinoza said although the course has a tough swimming portion, he’s gearing up for it with support of friends and family. Navy Cmdr. Louis De La Garza, who is the officer in charge of 21st Dental Company, trains often with Espinoza. The two have raced in Ironman events, and De La Garza said Espinoza has the mental strength to win and is a great role model.

“He’s very strong individually, mentally and physically,” he said. “He always has a very positive attitude, and it’s hard to put into words how much of a talented athlete he is.”

Espinoza heads into the Armed Forces Triathlon after a strong finish at the May 19 Honolulu Triathlon. He finished ninth overall and came in second place in the male military category with a time of 2 hours and 2 minutes.

“He only knows one speed, and that’s full power,” De La Garza said. “I’ll be watching the results myself to see how he does. We’re very excited for him.”

Whatever the result, Espinoza is already speeding ahead for the next challenge — attempting to qualify for the 2013 Ironman World Championship in Kona, Hawaii.



Photo courtesy of Marianne Espinoza

**Lt. Col. Armando Espinoza speeds forward on his bike during a past triathlon. Espinoza, who will be competing in the 2013 Armed Forces Triathlon competition, said biking is one of his best events.**



# Hawaii Marine Lifestyles

## Heeiea State Park: *Hidden gem of Kaneohe*



Heeiea State Park in Kaneohe, Hawaii, features views of Kaneohe and the Koolau Mountain Range. The park is named after the adopted son of the Hawaiian goddess, Haumea.

## Hawaii's tropical paradise can be found in Kaneohe

**Story and photos by  
Lance Cpl. Suzanna Lapi**  
*Marine Corps Base Hawaii*

**KANEOHE, Hawaii** — Approximately 20 minutes from Marine Corps Base Hawaii next to Kaneohe Bay, sits Heeiea State Park, offering spectacular views of Hawaii's tropical abundance, as well as activities for the entire family to enjoy.

Jolie Moniz, the park manager and a native of Makakilo, Hawaii, said aside from beautiful views of the bay, Koolau mountain range and the activities, the park has spiritual significance.

"An area of the park features an ancient spiritual gathering place," Moniz said. "The name of the park, which means 'washed out to sea,' originates from the story of the Hawaiian goddess Haumea and her adopted son, Heeiea. Tourists and locals can come to the park and learn about Hawaiian culture."

The trails are lined with native plants and flowers, and the sparkling view of the bay is flanked by palm trees, adding to the Hawaiian paradise experience.

Visitors can also partake in a closer view of the ocean through kayaking and snorkeling. Kaneohe Bay has Oahu's only barrier reef, and the park staff conducts guided tours of the bay and park itself.

"The tours we offer teach visitors about our ecology in Hawaii," Moniz said. "You can



Heeiea State Park's hall, which is used for various types of events, yields a view of the waters of Kaneohe Bay.



Plumerias and various other types of flowers inhabit the grounds at Heeiea State Park.



Poison Bulbs are one of several non-native flowers found on at Heeiea State Park.



The trails of Heeiea State Park in Kaneohe, Hawaii, are lined with lush plants and trees. Some plants were introduced by Polynesians, others are native.

learn about the reef and fish life in the bay. The great thing about our park is the money that we generate goes to our outdoor environmental program."

Moniz explained that the nonprofit organization that manages the park, Kamaaina Kids, conducts volunteer work

in conjunction with nature conservancy.

"The plants on our property are endangered and protected," Moniz said. "Some of the plants are native, and some were introduced to the island by Polynesians who first inhabited these islands."

For reasonable prices, the park also has a hall with a beautiful view of the bay for parties, luaus, weddings or special events.

Moniz said her favorite aspect of the park is the views and the special feeling she gets while being there.

"There is a calmness and tranquility that is special to this park," Moniz said.

Heeiea State Park is open seven days a week, from 7 a.m. to 7 p.m. For more information about the park, visit their website at <http://www.heeiestatepark.org>.



Visitors to Heeiea State Park can go kayaking and snorkeling in Kaneohe Bay. The park also includes trails full of different types of foliage.



PASS

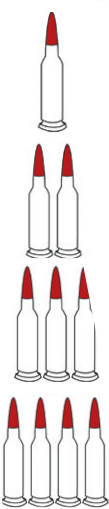
IN

REVIEW

Your weekly  
guide to the  
best aspects of  
entertainment

Welcome to the Pass In Review, your No. 1 source for cinema, music, video game, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week’s critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system, you can quickly decipher what is worth your time and what isn’t, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you’re not familiar, here’s a quick breakdown of the ratings ...

- 1/4 — No Impact, No Idea**  
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.
- 2/4 — High And To The Right**  
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if there’s nothing better to do.
- 3/4 — On Target**  
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.
- 4/4 — Confirmed Kill**  
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



So, there you have it and we hope you enjoy our weekly reviews. Don't forget, the Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm, feel free to submit your own reviews.

Better Know A Critic



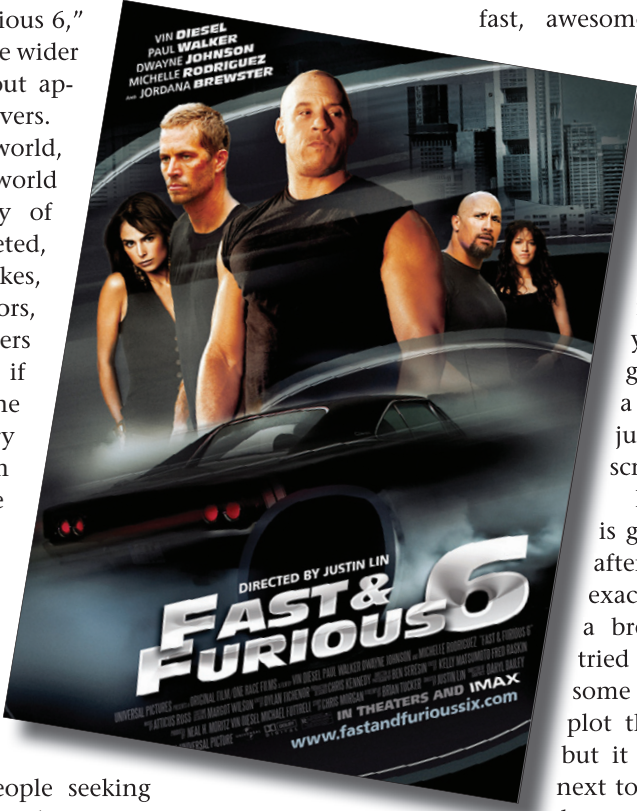
SAUTER

**Cpl. James A. Sauter** believes that a good movie begins with a good story. The story needs to be well balanced between the chemistry and variety of characters with an original plot or setting that keeps the reader or audience up on its toes.

‘Fast and Furious’ needs to break after sixth time

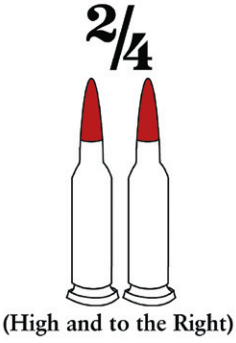
Cpl. James A. Sauter  
Marine Corps Base Hawaii

The fifth sequel to 2001’s “The Fast and the Furious,” “Fast and Furious 6,” is an average popcorn flick to the wider movie audience and a burnt-out appeasement for die hard series lovers. Unfortunately in today’s world, cinema multiplexes across the world are dominated by a majority of over-budgeted, or under-budgeted, B-movies, sequels, reboots, remakes, overpaid washed-up actors, actresses, directors, producers and wannabees. In addition, if moviegoers pay attention to the movies being released every year, they’ll find several film franchises that never seem to be put to rest. The “Hangover,” “Transformers,” and now the “Fast and Furious” series are all examples of franchises that have been overdone and deserve to be shelved in the film studio archives. But the insanity continues because people seeking an escape from reality keep spending money to see these poor works of art. Sooner or later, the film stu-



dios should catch on that with more sequels, people will lose attention and look for something else to see at the theater. The idea of “Fast and Furious” is simple — super fast, awesome cars, over-the-top action, hot babes, macho men and excess adrenaline rushes of speed, danger, romance and octane. More simply, it’s road rage and crime romanticized for a young audience who grow up dreaming of a life like the one they just watched on the big screen. I think the concept is great for a movie, but after six movies of the exact same thing, give me a break. The filmmakers tried to give the series some sort of continuing plot throughout the films, but it became insignificant next to the wider audience’s short attention of not knowing what’s going on. Only the fans of the series

would have a clue what the plot was about because they followed the other films. The acting fell into the same expectation the audience had for the plot. At this point, it’s more than obvious everyone in this film can only play themselves. Michelle Rodriguez can only play Michelle Rodriguez and Vin Diesel can only play Vin Diesel. Dwayne Johnson isn’t much better but at least he’s a fresher face to see in the franchise. The biggest mistake this movie is guilty of is actually what it’s centered around — over-the-top action sequences that go beyond the audience’s taste for realistic events. The final action scene is of the heroes in a high-speed car chase after an escaping cargo plane on a runway. Kind of cool, but after 30 minutes of chasing after the plane on the runway, I realized this runway had to be either 50 miles long or the planes and cars were going really slow while appearing to be traveling at mach 10. But despite my over analysis of the film, “Fast and Furious 6” isn’t bad when being measured as a summer blockbuster. At some periods the film lags when bad dialogue becomes the focus of a scene instead of action violence, but those don’t last long once the octane kicks back in. Give it a go but don’t expect to want to see it again.



(High and to the Right)



# Single service members join community to build playground

**Lance Cpl. Matthew Bragg**  
*Marine Corps Base Hawaii*

**KAILUA, Hawaii** — Marines and sailors from the Single Marine and Sailor Program spent their Saturday morning working to help construct a playground for kids at the YMCA Windward Branch, Saturday. A total of 237 volunteers were present at the project build.

SMSP joined YMCA volunteers to help KaBOOM!, a national nonprofit organization whose goal is to give every child in America a place to play, build its third playground for children on Oahu.

Aulani Disney Resort & Spa played a big part by reaching out to KaBOOM! to build another playground on the island. The resort sponsored the project and had 40 volunteers on-site to help construct the new play area.

“It’s about being able to give back to the community beyond just (the)

resort,” said Nikki Moreno, the public affairs manager for Aulani Disney.

More than 30 Marines and sailors participated in the construction of the playground, mixing cement and providing muscle to move parts into place. They helped build benches made from blocks of wood, and placed them along the perimeter of the playground for parents to sit and watch their kids play.

“The YMCA Windward Branch contacted us for assistance on the project, and we have never done something like this before,” said Karley Peterson, the SMSP coordinator. “We jumped on the opportunity to help construct a playground and enable the children to have something they can enjoy.”

In addition to the playground, Marines and sailors assembled a garden to give kids the opportunity to grow their own plants. They also hung tiles with

drawings made by children along the fences to display their creativity. Mike Doss, the executive vice president of the YMCA of Honolulu said the playground’s layout and design were inspired by children of YMCA members.

“We gathered a group of children from the community and asked them what their dream playground would be,” Doss said. “We’ve taken their suggestions and ideas, and today we are giving them a playground they designed.”

The Windward Branch playground was built at an estimated cost of \$80,000. Volunteers hustled and finished construction of the entire play area in just four and a half hours.

“This is one of 12 playgrounds being built by KaBOOM! nationally this year,” said Kristin Karcsh, a project manager with KaBOOM! “Our motto is ‘It starts with a playground,’ but I think it really starts with the community coming together to provide children a place to be active.”



Photos by Lance Cpl. Matthew Bragg | Hawaii Marine

**Volunteers from Marine Corps Base Hawaii and the community plant the “Welcome to your play space” sign in cement as other volunteers work on assembling the playground at the YMCA Windward Branch in Kailua, Saturday.**

The playground was the first time Marines and sailors had a chance to join the community in creating something special for kids. They had the strength and passion to take on the build’s hardest jobs. Wiping the sweat from their brows, the service members smiled as they saw the pieces coming together.

“The Marines and sailors love being able to do volunteer events that involve helping out the kids,” Peterson said. “To be able to build a playground for children, it certainly gives the Marines and sailors a good feeling.”

A Marine who volunteered at the build commented, “I’ve done volunteer work before, but never anything that required building something,” said Lance Cpl. Christopher Mayabb, a navigation aids technician with Marine Corps Air Station Kaneohe Bay. “There were twice as many Marines and sailors who showed up than were expected, so it made assembling the playground easier.”

After completing the playground, Aulani

Disney held a ribbon-cutting ceremony the same day to celebrate the new playground. Key personnel from all of the organizations attended the event to show their appreciation.

“It’s amazing to see a community come together like this,” Karcsh said. “Kids need to be active at home and school, but they need to be active outside as well.”

Children can now enjoy a newly-built playground they designed, just in time for summer. The Windward Branch also has a pool for parents and children to cool off in after running around on the playground.

“This community is going to grow so much more,” Karsch said. “It all starts with this playground.”



**Marine, sailor and civilian volunteers help plant a huge component of the playground built at the YMCA Windward Branch, Saturday.**